

March Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
3 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	4 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jongg 5:30 *Dinner: Pizza 6:30 Cards/Games	5 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	6 10:00 * ESL Class 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Rummikub	<p>National Frozen Food Day March 6</p> <p>The invention of the freezer made this day possible. The methods and techniques of preparing and freezing foods is what makes frozen foods taste great, look great and store in a frozen state until you need them.</p> <p>Frozen foods, developed by Clarence Birdseye, first appeared on store shelves in 1930 in Springfield, Ma.</p>
10 9:30 Strength Training 10:00 Stitching Post 10:30 Nutrition Minute 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	11 10:00 *English Conversation 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 5:30 *Dinner: Pizza 5:30 Nutrition Minute 6:30 Cards/Games	12 Plant a Flower Day 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 12:30 Nutrition Minute 1:00 Wii Bowling	13 10:00 *ESL Class 10:30 Dance Exercise 11:00 Exercise to Video 11:00 Mobile I&A 11:30 Blood Pressure Noon *Breakfast for Lunch 12:30 Ask Nurse Steve	
17 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video Noon *St Patrick's Day Lunch 1:00 Cards/Games 1:30 *Tai Chi	18 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 5:30 *Dinner: Pizza 6:30 Cards/Games	19 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	20 International Earth Day 10:00 * ESL Class 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Rummikub	
24/31 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	25 International Waffle Day 10:00 *English Conversation 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 5:30 *Dinner: Waffles	26 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	27 10:00 * ESL Class 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Rummikub	

March is National Nutrition Month

